

brand new day

HEALTHCARE YOU CAN FEEL GOOD ABOUT

# THE HEALTHY HABIT

WINTER 2021

Spotlight  
*on Vaccines*

Healthy  
Recipe *Inside!*

Get Moving!  
*Breathing  
Techniques*



IN THIS  
ISSUE

1 - Vaccines

3 - Winter Recipe

5 - Know Where To Go For Care

6 - Incontinence Guide



# SPOTLIGHT

## Vaccines

### Coronavirus (COVID-19) Vaccine

Everyone in California will have an opportunity to get vaccinated against COVID-19. But our vaccine supply is limited right now. So priority is being given to the groups who are at highest risk, like people with a high chance of exposure and people 65 and older. As resources are constantly being updated, we recommend you register online for updates at [myturn.ca.gov](https://myturn.ca.gov) to be notified when you are eligible and when appointments open up.

<sup>1</sup>Center for Disease Control and Prevention. National Center for Health Statistics. Influenza/Pneumonia Mortality by State. Retrieved January 06, 2021 from [https://www.cdc.gov/nchs/pressroom/sosmap/flu\\_pneumonia\\_mortality/flu\\_pneumonia.htm](https://www.cdc.gov/nchs/pressroom/sosmap/flu_pneumonia_mortality/flu_pneumonia.htm)

<sup>2</sup>American Lung Association. Learn About Pneumonia. Received from January, 06, 2021 from <https://www.lung.org/lung-health-diseases/lung-disease-lookup/pneumonia/learn-about-pneumonia>

### Pneumonia Vaccine

Pneumonia is an infection that inflames the air sacs in your lungs, and each year nearly 50,000 people die from pneumonia<sup>1</sup>, even though it is a preventable illness. It can be particularly deadly to people over age 65 and is a leading cause of hospitalization in adults<sup>2</sup>. There are two pneumonia vaccines, Prevnar 13 and Pneumovax 23. Talk with your doctor about which vaccine is best for you. Getting your pneumonia vaccine can go a long way in keeping you healthy.

We make it easy for you to follow CDC guidelines by offering pneumonia and flu vaccines at no cost to you. Contact your doctor to schedule your pneumonia and flu vaccines today! Or visit any major pharmacy chain such as CVS, Walgreens, or Rite Aid. Just show your Brand New Day insurance card!

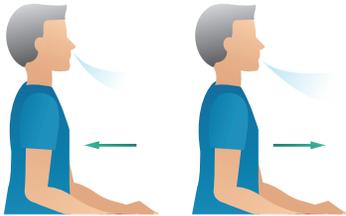
Remember, as a Brand New Day member transportation to and from your doctor's office is at no cost to you. To schedule free transportation, call 1-855-804-3340, TTY 711 between 8 am - 5 pm, Monday - Friday.

# GET MOVING!

Pulmonary health is more important than ever. To stay healthy or help you get your full lung function back as a Coronavirus (COVID-19) survivor, start your day with these simple exercises and get your lungs strong and to keep them strong.



## Level I - Breathing Technique Only



Deep inhale through your nose and hold for 3 seconds. Exhale with pursed lips, like blowing out a candle. The exhale should last around 5 seconds.

Repeat this breathing technique 3 times.



## Level II - Chair Exercises

Instead of standing and running with fast feet, do seated running with fast feet, up to 30 seconds.

Follow up immediately with breathing technique detailed above in Level I.



## Level III - Standing Exercises

Running in place rapidly with fast feet for 30 seconds.

Follow up immediately with breathing technique detailed above in Level I.



If the exercise hurts or is too risky to perform, go down 1 level until you feel stable enough to perform the exercise. Always perform first time exercises with precaution to avoid injury. Slow progress is the best kind of progress to work your way up!



## Butternut Squash Soup Recipe

### Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- ½ teaspoon sea salt
- 1 (3-pound) butternut squash, peeled, seeded, and cubed
- 3 garlic cloves, chopped
- 1 tablespoon chopped fresh sage
- ½ tablespoon minced fresh rosemary
- 1 teaspoon grated fresh ginger
- 3 to 4 cups **low sodium** vegetable broth
- Freshly ground black pepper

Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.

Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.

Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley, pepitas, and crusty bread.



### HEALTHY TIP

The butternut squash is a great source of fiber, as well as vitamins including A, C, E and B along with minerals such as calcium, magnesium, and zinc.

# BRAIN GAMES



## Sudoku

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 2 |   |   |   | 6 |   |   | 5 | 7 |
|   |   | 8 |   |   |   | 9 | 6 |   |
| 9 | 6 |   |   |   | 7 |   | 1 |   |
|   | 9 |   | 1 | 2 |   |   | 8 | 5 |
|   | 2 |   | 7 |   | 8 |   | 4 |   |
| 7 | 8 |   |   | 4 | 6 |   | 9 |   |
|   | 5 |   | 4 |   |   |   | 3 | 1 |
|   | 1 | 2 |   |   |   | 8 |   |   |
| 3 | 4 |   |   | 8 |   |   |   | 9 |

Fill in the blank squares so that each row, each column and each 3-3 block contain all of the digits 1 through 9.

# KNOW WHERE TO GO

It's important to know your health care options. Choosing the correct care facility can save you time, money, and possibly even your life. Below are examples of where to go for various symptoms and treatment. When in doubt or for medical emergencies, go to the nearest Emergency Room or call 9-1-1.



## CALL YOUR DOCTOR

When you have:

- ✓ A cold
- ✓ A simple backache
- ✓ A sore throat
- ✓ An earache
- ✓ Or, when you need medical care, but feel safe to wait a day or two



## GO TO URGENT CARE

When you:

- ✓ Could not reach your doctor
- ✓ Need medical care today, but feel safe to wait a few hours
- ✓ Received instructions from your doctor to go to an Urgent Care Center



## GO TO THE ER OR CALL 911

When you have:

- ✓ Trouble breathing or chest pain
- ✓ Fainted
- ✓ Sudden numbness or weakness
- ✓ Uncontrolled bleeding
- ✓ Severe pain or suffered a serious injury



# FOCUS ON YOUR HEALTH

## INCONTINENCE GUIDE

| TYPE                    | DEFINITION   |
|-------------------------|--|
| Stress Incontinence     | Urine leakage happens because of the pressure on the bladder due to coughing, sneezing, laughing, or lifting something heavy.  |
| Urge Incontinence       | Urine leakage happens after a strong sudden urge to urinate before you can get to the bathroom.  |
| Functional Incontinence | Bladder is working normally but person cannot get to the bathroom in time (e.g. arthritis).  |
| Mixed Incontinence      | Combination of stress and urge incontinence.   |
| Overflow Incontinence   | Bladder doesn't empty completely when you urinate. Small amounts of urine leak after using the bathroom because your bladder is still too full from not emptying completely. You may or may not feel the need to urinate before the leakage occurs. An example of this is diabetic sensory disorder. Diabetics often do not feel their bladder filling with urine. |

### Have you ever talked with a doctor, nurse, or other health care provider about leaking of urine?

Bladder irritation can be caused by some food and drinks<sup>1</sup>. Steering clear of alcohol, caffeine, and spicy foods can go a long way in easing your bladder troubles.

Bladder irritation and leaking of urine is not a normal part of aging. It is important to talk with your doctor! Having a good understanding of incontinence can help with the conversation. Here is a quick guide to help get you started talking with your doctor.

Remember that you have the Over-the-Counter benefit which gives you funds to spend every 3 or 6 months, depending on your plan. If you have questions about your benefits, call us at 1-866-255-4795, TTY 711

The Johns Hopkins Women's Center for Pelvic Health. Bladder Irritation. Retrieved December 09, 2020 from [https://www.hopkinsmedicine.org/johns\\_hopkins\\_bayview\\_docs/medical\\_services/gynecology\\_obstetrics/bladder\\_irritants.pdf](https://www.hopkinsmedicine.org/johns_hopkins_bayview_docs/medical_services/gynecology_obstetrics/bladder_irritants.pdf)



# THE HEALTHY HABIT

brand new day

HEALTHCARE YOU CAN FEEL GOOD ABOUT

**Specialized Programs Include:**

Diabetes - Dementia - ESRD - CHF - COPD - Mental Illness

**Hours:**

Year Round | Monday - Friday, 8 am - 8 pm

October 1 - March 31 | Monday - Sunday, 8 am - 8 pm

[www.bndhmo.com](http://www.bndhmo.com)

Need Assistance?  
We are here to help.  
1-866-255-4795  
TTY 711

PRSR STD  
U.S. POSTAGE  
**PAID**  
SANTA ANA, CA  
PERMIT NO. 949

brand new day  
HEALTHCARE YOU CAN FEEL GOOD ABOUT  
PO BOX 93122  
LONG BEACH, CA 90809